



# Whatcom County

## WIC Facts: FFY 2004

### Infants Born Served by WIC

County..... 43.6%  
Statewide..... 48.6%

### Women, Infants and Children Served

**Total: 6,263**

Infants and children under 5..... 4,447  
Pregnant, breastfeeding and postpartum women..... 1,816

### WIC Food Dollar Contribution to Local Economy

WIC Program Food Dollars  
\$2,291,964  
WIC Farmers Market Nutrition Program Food Dollars  
\$22,828

### WIC Families

Working families..... 66.9%  
WIC households with at least one working family member

Families living in poverty..... 66.9%  
Percent of WIC clients with income at or below the federal poverty level (\$1,307 per month for a family of 3)

### WIC Nutrition Education Promotes Healthy Choices

Total nutrition education sessions..... 16,150

WIC nutrition education:

- Emphasizes healthy lifestyle habits so families can eat better and stay active now to prevent obesity and other chronic diseases later in life.
- Promotes breastfeeding for the first year of life. And, with the breast pump loan program, helps mothers continue to breastfeed after returning to work or school.
- Helps prevent early childhood caries by screening for early signs of poor oral health, giving parents ideas for healthy snacks and stressing the importance of dental care by age one.



### WIC Attracts Families to Preventive Health Services

WIC referrals..... 26,798

WIC informs families about health related services and provides them with the information and support needed to access them successfully.

\* Maternity Support Services

# *Whatcom County*

## **WIC Agencies and Sites**

### **Lummi Nation**

Bellingham

### **Nooksack Indian Tribe**

Everson

### **Sea Mar Community Health Center**

Bellingham

### **Whatcom County Health Department**

Bellingham

## **WIC Authorized Grocery Stores**

Albertsons

Blaine Cost Cutter

Bromley's Market

Community Food Cooperative

Dodson's Market

Everson Red Apple

Ferndale Cost Cutter

Fisherman's Cove Mini Mart

Fred Meyer

Haggen Foods

James Street Red Apple Market

Lakeway Cost Cutter

Lynden Cost Cutter Foods

Lynden Fair Food Pavilion

Meridian Cost Cutter

Safeway

Southside Food Pavilion

Sunset Cost Cutter

## **WIC Authorized Farmers Markets**

Bellingham Farmers Market